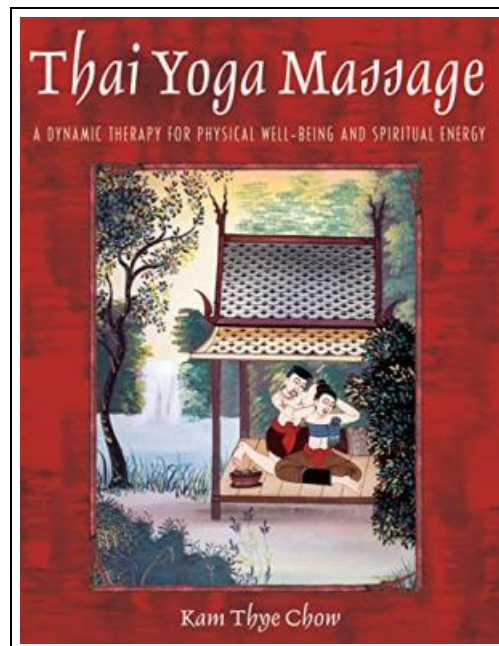


## Thai Yoga Massage: A Gentle Therapy for Physical Well-Being and Spiritual Energy (Paperback)



Filesize: 2.67 MB

### **Reviews**

*Very useful to any or all group of men and women. I am quite late in start reading this one, but better then never. You are going to like just how the blogger publish this book.*

**(Kristian Nader)**

## THAI YOGA MASSAGE: A GENTLE THERAPY FOR PHYSICAL WELL-BEING AND SPIRITUAL ENERGY (PAPERBACK)



Inner Traditions Bear and Company, United States, 2002. Paperback. Condition: New. Language: English . Brand New Book. An authentic guide to Thai yoga massage, a unique therapy that combines stretching, breath work, assisted yoga postures, and pressure point therapy. - Includes more than 80 illustrations, 30 charts, and a complete series of postures for a two-hour full-body massage. - Author Kam Thye Chow has taught massage in Thailand and throughout Europe and North America. Until recently Thai yoga massage was virtually unknown in the West. It has its roots in both the ancient healing traditions of Ayurveda and Thai Buddhism. In this unique practice, the therapist gives a full-body massage that combines palming and thumbing along the Thai energy lines and pressure points with gentle stretching, movement, and breath work reminiscent of tai chi. Using his or her own hands, feet, arms, and legs, the practitioner gently guides the recipient through a series of yoga postures, creating a harmonious and therapeutic dance that leads to greater physical awareness, grace, and spiritual energy. In this comprehensive guide for practitioners, Kam Thye Chow leads readers through every aspect of this dance--from its history and philosophy to a detailed presentation of a complete Thai yoga massage session. This important reference includes more than 80 illustrated postures, 30 charts and drawings, and a complete series of postures for a two-hour full-body massage that focuses attention on both the upper and lower body, which receive equal stress in the Western lifestyle. Information on contraindications, anatomy, and physiology integrates Western medical knowledge and theory with this ancient tradition. Massage therapists, physical therapists, nurses, and other medical professionals will find Thai Yoga Massage an important and innovative complement to their practice.



[Read Thai Yoga Massage: A Gentle Therapy for Physical Well-Being and Spiritual Energy \(Paperback\) Online](#)  
[Download PDF Thai Yoga Massage: A Gentle Therapy for Physical Well-Being and Spiritual Energy \(Paperback\)](#)

## Other Kindle Books



**The genuine book marketing case analysis of the the lam light. Yin Qihua Science Press 21.00(Chinese Edition)**  
paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2007-01-01 Pages: 244 Publisher: Science Press Welcome Our service and quality...

[Download PDF »](#)



**Book Finds: How to Find, Buy, and Sell Used and Rare Books (Revised)**

Perigee. PAPERBACK. Book Condition: New. 0399526544 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I...

[Download PDF »](#)



**Baby Friendly San Francisco Bay Area New Parent Survival Guide to Shopping Activities Restaurants and Moreb by Elysa Marco 2005 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Download PDF »](#)



**Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Download PDF »](#)



**A Little Wisdom for Growing Up: From Father to Son**

Wipf Stock Publishers, United States, 2007. Paperback. Book Condition: New. 193 x 119 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Description: A Little Wisdom for Growing Up is an ancient form...

[Download PDF »](#)